

Summer Academy Series B Workouts & Sequences

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Body weight Circuit	A	B	C	A	B	C	REST	
Juggling	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes		
ROOFS (Receiving out of air with foot)	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	<b>Lace</b> 20 per foot <b>Sole</b> 20 per foot <b>Instep</b> 20 per foot <b>Outside</b> 20 per foot	
90 Cuts	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch	Simple 90 Scissor 90 Step-over 90 Cruyff 90 Sole role Cut catch		
180 Cuts	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180	Simple Step-over Cruyff 180		

**Circuits**

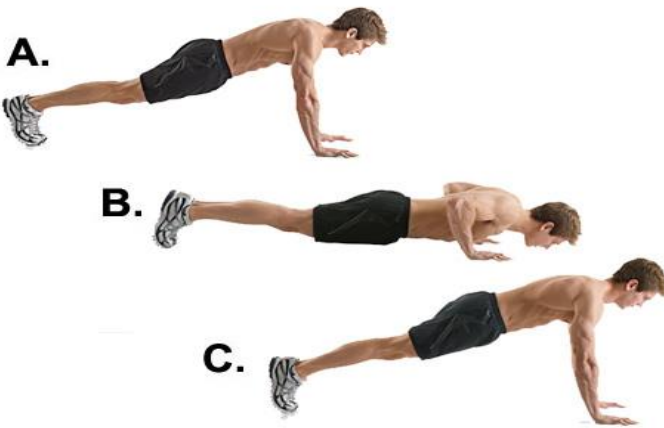
All circuits are As Many Rounds As Possible in the allotted time. One round is equal to the completion of each exercise described. Add a minute each week.

The following are the body weight circuits:

**A**

12 minutes

1) 5 push ups



2) 5 squats



3) 5 sit ups



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## B

12 minutes

1) 5 Burpees

Step: 1



Step: 2



Step: 3



Step: 4



Step: 5



2) 5 Broad Jumps



3) 5 Jumping Jacks

1A



1B



C

12 minutes

1) 4 Jumping Lunges



2) 4 V ups



3) 4 Moving push ups

